

Valentine's Day

Legitimate holiday or corporate scam?
Page 9

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS

Searching for Tom

Exhibition shows artist's work; explores his death.
Page 3

MONDAY, FEBRUARY 14, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

43RD YEAR — NO. 6

Extramural hockey team tournament champs

By **ASHLEY IDLE**

It was a tough fight, but the Conestoga men's extramural hockey team pulled out a big tournament win on Feb. 4 at the recreation centre.

Conestoga College hosted an extramural hockey tournament, where college teams from all over the province gathered to play. Eight teams fought for the tournament title, but the skill of the men and Condor spirit held out, bringing victory to the host team.

The day-long tournament saw the men play and win four games; one against Canadore College (5-1), two against Fanshawe (3-1, 6-2) and the final game against Sir Sanford Fleming (3-2).

"The team is playing great," said coach Kevin Denomme. "The goaltending's been outstanding, and there have been really great efforts from players." Denomme also pointed to

two standouts in the tournament, Jordan Schulz and goalie Tyler Walker, who he said were important to the team's success.

Schulz also had positive things to say about his team going into the semifinal game, mentioning again how great the team was playing. "Everyone's playing a role. We're all just taking it one shift at a time."

The strategy worked, because the men pulled out two tough wins against Fanshawe and Fleming, with Fleming ranked as fourth overall in tournament play this season.

Awards were given in each game for outstanding performance, with Conestoga's Ian McLaren, Tyler Walker, Jordan Schulz and Matt Lehman picking up the honours in the four games.

This is the second tournament win for the men this season. They also picked up a win at Georgian College last term.



PHOTO SUBMITTED

The Conestoga men's extramural hockey team is all smiles after being crowned champions on Feb. 4.

Board of governors approves new programs

By **PAUL IRVINE**

Conestoga College's board of governors approved eight new full- and part-time programs to be taught at the school, with some starting as soon as next September.

Many of the programs will award college certificates and do not need further approvals, according to college executive dean of academic administration Robert Carley.

Board members were told at

a Jan. 31 meeting that the eight new programs will be spread across four of the college departments.

The School of Business will see a program on golf and club management, which focuses on the administration of country club-style businesses. This will grant an Ontario college graduate certificate, and should be ready to start classes as early as September 2011.

The School of Engineering and Information Technology will add a college certificate program on electronic telecommunications and troubleshooting, which will give hands-on experience with these technologies.

"The program will span five courses over 200 hours," said Carley.

The School of Health and Life Sciences will see the addition of two parallel programs which will share a common first year, according to Board of Governors member Grace da Silva. They are leadership in seniors living –

nursing and leadership in seniors living – management; both focus on the care of the elderly in the community, with the nursing stream focused on front-line care and management focused on administration. It will be offered online and structured for people who are already at work in the community. It will require 120 hours of course load.

Finally, Conestoga's School of Continuing Education will see four programs.

Desktop applications support is a college certificate program focused on upgrading or learning new skills in common desktop software programs, computer hardware and operating systems.

English to French translation for the workplace is a certificate program catering to those who want to learn the language for more professional applications.

"It's not conversational French," said Carley. "People would use this to translate federal documents. Every

program is career-oriented."

Continuing Education will also get a new diploma program, barring a failure to be approved by provincial boards.

Office administration – veterinary is a full-time online program which will train students to do the administrative work required by veterinarians who, due to the time-consuming and technical nature of their jobs, find it increasingly difficult to do on their own.

The college will also be putting forward an online program on thanatology, the study of death and dying in other cultures. This program is aimed toward giving people in professions which commonly deal with death (such as emergency services, doctors, nurses and journalists) the skills to be able to deal with death in a professional manner, and to understand the customs of other cultures in a multicultural society. Students in this will earn a college certificate.



PHOTO BY PAUL IRVINE

Robert Carley, Conestoga College's executive dean of academic administration, is responsible for overseeing the implementation of the eight new programs approved by Conestoga College's board of governors.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's the one thing you could never leave the house without?



"My purse."

Alana Dent,
first-year
human services foundation

"A slingshot."

David Hazell,
first-year
nursing

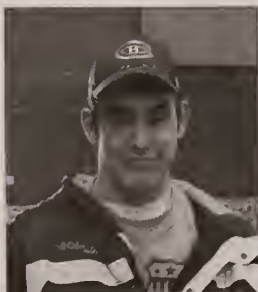


"My hairbrush."

Bethany Tout,
first-year
human services foundation

"Clothing and self respect."

Matt Schlueter,
first-year
computer programming



"My wallet."

Nick Bonnah,
first-year,
computer programming

"My cellphone. And I would never leave the house without makeup on."

Darcy Foye,
first-year
human services foundation



Smile Conestoga, you could be our next respondent!

Kitchener celebrates Chinese New Year

By EMILY GERRETT

Chinese New Year, the biggest celebration and most important holiday in China, was celebrated around the globe starting Feb. 3. Parades, dragon floats, dancers and fireworks were also seen in most major cities in Canada. Kitchener was no exception, with events that ran the week of Feb. 1, and ended with a big celebration at Kitchener Market on Feb. 5.

Chinese New Year is based on the Chinese lunisolar calendar, and as of Feb. 3, it is now the Year of the Rabbit based on the Chinese animal zodiac. This predicts a year of sensitivity, creativity and wealth earned by hard work.

Kitchener City Hall hosted many events, including tra-

ditional dances, calligraphy and origami demonstrations, and a showing of feature films from Asia, all for free.

On Feb. 4, members of the Taoist Tai Chi Society of Canada put on a demonstration in the rotunda, and promoted the art to the onlookers afterwards.

Leader Lynn Howlett said Tai Chi is something anybody can try, no matter what culture you come from.

"We've celebrated Chinese New Year for over 27 years in K-W," Howlett said. "We hope these demonstrations might make people open to new ideas, and experience the Chinese culture."

The Taoist Tai Chi Society is a volunteer society that promotes physical well-being, and takes members of all ages and health condi-

tions.

Member Chris Larking said, "We come to these events to acknowledge this important celebration, and promote cultural exchange while we celebrate."

The tradition of Chinese New Year comes from an ancient legend, the myth of the Nian.

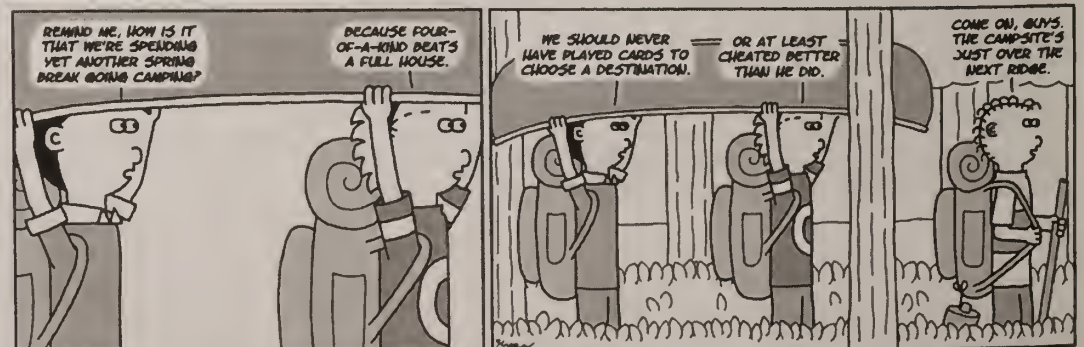
The Nian was a beast who would come the first day of the new year, and eat livestock and children. To protect themselves from getting eaten, villagers would put food on their doorsteps and dress in red. They also hung red lanterns from their doors, and used firecrackers to scare the Nian away. This evolved into the feasts, Lantern Festival and firecrackers used in celebrations today.



PHOTO BY EMILY GERRETT

Members of the Taoist Tai Chi Society demonstrate the art of Tai Chi for onlookers in the rotunda at Kitchener City Hall as part of Chinese New Year celebrations.

LAST-DITCH EFFORT



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Searching for Tom

New exhibit explores artist's mysterious death

By GERALD UPTON

How much influence did Tom Thomson have on Canadian art and culture? Was he murdered?

These are the two main questions that THEMUSEUM tries to answer in their latest exhibition, *Searching For Tom – Tom Thomson: Man, Myth and Masterworks*.

This display is being held in collaboration with the Tom Thomson Art Gallery in Owen Sound, and has been sponsored by Sun Life Financial.

"Like hockey, Thomson has become a part of the Canadian psyche," said David Marskell, CEO of THEMUSEUM. "It is our desire to bring awareness of Thomson to new generations and to new Canadians."

The myth of Tom Thomson is his mysterious death. The Toronto native liked to travel to Algonquin Park either with other painters or by himself. There he painted and sketched and simply drew inspiration.

On July 16, 1917 he was found floating in Canoe Lake. He had been dead for eight days. He had fishing line wrapped neatly around one ankle, and had suffered a blow to the head. He was buried almost immediately, before any members of his family could see his body.

The exact reason for his demise has never been determined, although the official cause of death was listed as accidental drowning. This is despite the claim that there

was no sign that he had drowned.

"The show is sort of based around that (his death)," said Angela Olano, director of brand, marketing and digital media at THEMUSEUM.

The tragic death, the loss of potential and the myth that arose all helped inspire his painter friends to form what became known as the Group of Seven. They eventually included 11 members and expanded into the Canadian Group of Painters, spreading their influence across Canada.

The display starts with some early Thomson paintings which are rarely seen. Some of them look strikingly like copies of Homer Watson's works.

The next part of the display shows works by artists who were directly influenced by Thomson's work.

"These are all the artists working directly in landscape," said Olano, indicating the section, "or they are contemporary artists working under some kind of influence of Tom Thomson."

One part features recorded interviews from famous faces discussing Thomson.

Olano said, "We spent the last several months approaching famous Canadians and asking them what Tom Thomson means to them and what Tom Thomson means to Canada and Canadians."

As well as the Tom Thomson Art Gallery, other contributors to the exhibition include the McMichael



PHOTO BY GERALD UPTON

Marcel O'Gorman works on a new piece of multimedia art as part of the display.

Canadian Art Collection, the National Gallery of Canada, the Art Gallery of Ontario and the Homer Watson House and Gallery, as well as some private collectors.

THEMUSEUM is located at 10 King St. W. in downtown Kitchener. Their hours are Wednesday to Friday, 10 a.m. to 4 p.m., and Saturday and Sunday, 10 a.m. to 5 p.m. You can contact them at 519-749-9387 or find out more at themuseum.ca.



PHOTO BY GERALD UPTON

Angela Olano, director of brand marketing and digital media, shows off an early Tom Thompson painting.

Conestoga tackles mock chemical spill

By ROBERT CONTE

If practise makes perfect, than Conestoga's students will be ready for anything. Students in the paramedic, social services and pre-service firefighter programs as well as from many other programs will all be participating in a new learning experience this spring.

"Our school has never done anything of this magnitude before," said pre-service firefighter instructor Brad Kueneman.

On April 3 there will be a simulation hazardous materials spill at the college that

affects 30 people in different degrees of severity. A number of services will be required to provide care and safety for these individuals, including decontamination, triage, first-aid, transportation to "hospital" and ongoing patient-centred care. The active participants number more than 175, and further opportunities to observe are offered to many others.

"Not only has our school never done anything on this scale before, we are unable to identify anyone else that has taken on a project with this many partners on this scale," said faculty adviser for

WIHSC Jen Mohaupt.

WIHSC (Waterloo Interprofessional Healthcare Student Collaborative) consists of students from pre-service firefighter, nursing, paramedics, health informatics, respiratory therapy, PSW, OTA/PTA, police foundations, social service worker and anyone else who is enrolled in health sciences or social services programs with an interest in working with professionals in their chosen field. In the simulation, students will be paired with an experienced partner in their field of study and work together to safely complete

the task at hand.

"For example, Waterloo Region EMS paramedics will be mentoring Conestoga's paramedic students during the exercise; Kitchener firefighters will be working side by side with Conestoga pre-service firefighter students; and social services students will be enacting their professional role under the guidance of members of the Waterloo Region Emotional Services Team," said Kueneman, who is also the event co-ordinator.

A number of agencies in the region will be participating including the Kitchener Fire

Department, Waterloo Region EMS, Waterloo Region Police, Red Cross, Salvation Army, St. John Ambulance and many others.

Students who wish to participate can find more information and a registration form at www.wihsc.com/events.html. All students are welcome to register for the event as observers though space is limited.

"WIHSC does run interprofessional simulations often, but again, we have never planned anything quite like this. We are very excited about this opportunity," said Mohaupt.

You can't buy a diploma

By BRANDON REOCH

Worrying goes hand in hand with post-secondary life. Thoughts begin to run through your head. "Is this the school for me, will I fit in, will I like living on my own? Many worries arise before a student selects a school to attend but a big one is, "Does post-secondary degrees and diplomas show people my education level or rather that I can afford to go to college or university?"

The answer: education.

In high school, teachers repeatedly enforce the concept that a high school diploma in this world will take you nowhere and a higher level of learning is mandatory to succeed in life.

The concept becomes engraved in your head and you begin to look at post-secondary school as the bar that separates failure from success. And as you can see from your own high school, many students choose the post-secondary route, and are better for it.

However, some people like to argue that having a degree or diploma means you paid \$20,000 to earn a piece of paper that says you have expertise in a certain area — an area they believe anyone can be an expert in — with or without an education.

The funny thing is that most of the people who say this are usually the ones without a degree or diploma.

Truthfully, students in post-secondary schools learn from the best. That is right, the best whether they are experts, scientists or are still working in their respective field. Students at these institutions don't learn from old man Jumbo Jimmy who pumps customers' gas at the gas station in his hometown.

Come interview time, who will the employer want? The student who studied kinesiology under some of the world's top researchers or the guy who learned how a knee bends from watching Bill Nye videos?

So when people joke around about your degree or diploma, saying they could have one too if they paid \$20,000, explain to them the endless nights you stayed up writing a paper for your professors, the multiple mid-terms you studied for in a month or the bar nights you had to pass on to review with a study group. After you tell them that, tell them if they can do that then yes, they could have a degree or diploma.

In the end, students, if you have chosen to go down the post-secondary road, you have made a good choice — kudos. You will have nothing to worry about. Just maybe the future history paper that you will leave until the last night to write.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299

Doon Valley Dr.,
Room 1C30, Kitchener, Ont.,
N2G 4M4



It's never too early to start saving for the future.

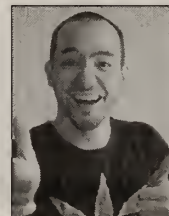
Now the best time to start saving

The dog days of January are over kiddies, so it's time again to start saving money. Now that we've had a little time to pay off our credit cards and forget about all the money we spent in December, thinking about putting money away even before we've all found gainful employment isn't a bad idea.

I have only one tangible asset, my car, and mind you, it's no Corvette. I bought it three years ago, and still have three months left to pay it off. It's a good feeling to know if ever I need to apply for a bank loan or get a credit check, I can say "Yes, I have an asset." But it's just a car, and I'm years away from buying my first home.

So what do I do with the little extra change I have left after paying my bills? Buy a case of beer or maybe spend a night out, drinking it away at the closest bar? Been there, done that. I'm almost done school, time to start thinking ahead.

The whole idea behind saving money is "start now." The sooner you start, the better you are in the long run, even if it's just small amounts



Thomas Parent
Opinion

every month, it starts to add up.

A good, smart and easy way to do this would be to invest in a tax-free savings account, which any bank in the western hemisphere will open for you.

You can make monthly deposits and the money you save will be exempt from any tax deductions when you take it out.

This type of account is ideal for students as it will deter you from frivolously spending your money.

Another option would be to put your money into an RRSP (registered retirement savings plan.) This essentially is a giant pool of many people's investments which allows you to make one withdrawal (before you retire) to put a down payment on a house. Although most of us are years away from think-

ing about retirement, this would be ideal for a person like me, 23 years old and fresh out of college. Buying a house is something that lingers in my head and is certainly on the horizon.

Personally, I have opted out of both of these options (for now, but not for good). Instead, beginning last month, I started investing in a life insurance plan. You might be asking yourself, "Really? A life insurance plan? You're only 23!" But if you think about it, if I pay \$50 every month for the next 20 years (until I'm 43), although not quite like an asset like my car or a house, I will have acquired a good chunk of tangible equity. It has cash value, something that banks and creditors look highly upon, especially if it's in your financial portfolio at a young age.

I recommend you sit down with people who are good with their money or simply have a better understanding of what to do with it, such as your bank or your parents. And do it sooner rather than later, the future is coming a lot faster than you think.

SPOKE

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Editor: Brandon Reoch

Assignment Editors: Lisa Olsen and Mandy Liverance

Advertising Managers: Ashley Idle and Kathryn Schnarr

Spoke Online Editors: Thomas Parent, Emily

Gerrett, Sara Busse, Marcus Matthew, Laura Bennett and Gerry Upton

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Photo Editors: Cassandra Bourgeois, Victoria

Spracklin, Nathan Rienstra, Erin Farrar, Jonathan Charles and Amanda Baines

Circulation Manager: Ryan Young

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C30, Kitchener, Ontario, N2G 4M4.

Phone: 519-748-5220, ext. 3691, 3692, 3693, 3694

Fax: 519-748-3534

Email: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

A greener future for Conestoga

By KATHRYN SCHNARR

With construction of the new Cambridge campus on track, Conestoga students will be gracing its halls this fall. The development of the Cambridge campus will offer countless opportunities, including the chance to decrease our ecological footprint (a measure of human demand on the Earth's ecosystems). Conestoga College is working hard at becoming environmentally responsible, and the new campus offers plenty of potential to do so.

Environmental co-ordinator Jana Vodicka knows that there are great things in store for the Cambridge campus. She has many ideas on how to create a greener campus, however, she is now looking for feedback from the Conestoga community.

"What I want to know is what students expect out of Conestoga," she said. "It's the students, faculty and staff that have invested in this community and it's their values that I want to have reflected in what we strive to



PHOTO BY KATHRYN SCHNARR

According to Conestoga's Greater Recycling Environmental Education Network (GREEN) committee, recycling has taken place at Conestoga College since 1989. However, the committee is always looking for ways to become greener.

accomplish."

One student was more than happy to share her ideas. "If Conestoga wants to become

greener they should do something about commuting," said second-year advertising student, Melanie

Jayatillake. "The buses take forever, and when we drive to school we waste so much gas and pollute the environment.

They should also do something about commuting to the new campus."

Vodicka's ideas were discussed at the Greater Recycling Environmental Education Network (GREEN) meeting on Feb. 1. The advisory group meets on a regular basis, discussing Conestoga's green reputation in the community along with ways to increase our environmental commitment. The group, created by Physical Resources, is always looking for student feedback.

For those wanting to voice their ideas on how to create a greener campus, and decrease our ecological footprint, contact Vodicka. She is open to hearing any ideas on how Conestoga College can become more environmentally friendly. She wants to know what students expect out of the college, as she believes they are the ones who have invested in this community.

Jana Vodicka can be reached via email at environmental@martinservices.com

On-campus chiropractor can alleviate your pain

By ERIN FARRAR

Has your body been feeling stiff lately from lugging around that big, heavy backpack? Conestoga's on-campus chiropractor can help with that.

Students often visit the school's chiropractor for pain in the lower and mid back. The way students carry their backpacks as well as their posture while sitting at the computer can have a very negative effect on their muscles and can cause tension and pain.

"Someone was definitely on the right train of thought when they decided a chiropractor should exist as a school service," said second-year broadcast television student Subo Ranatunga. "I'd need three sets of hands to count the number of times I've been a tired, creaky, horrible mess after an all-night editing session."

Conestoga's chiropractic services can help your sports-related injuries as well as neck, lower back, shoulder, knee and foot and wrist pains.

"Not a lot of people are aware of what chiropractors do. I don't do very aggressive adjustments, mostly traction," said on-campus chiropractor Dr. Mike Eltervoog. "The main benefits are reduced joint pain, reduced muscle pain and improved posture."

Someone was definitely on the right train of thought when they decided a chiropractor should exist as a school service.

— Subo Ranatunga

He has been Conestoga's chiropractor since 2006, when the new health services office opened. Along with working part time at Conestoga, Eltervoog performs chiropractic services at Wilfrid Laurier University three days a week as well as working at a clinic in London, Ont.

There is an initial half-hour

appointment where he learns your history and performs examinations to determine pre-existing problems. He said seated posture is a big issue with students.

"Ideally (when sitting at the computer), your elbows should be at a 90 degree angle and the monitor at eye level," said Eltervoog.

Students, however, tend to fall into the habit of slouching where their shoulders roll forward. When sitting this way, gravity pulls the head and shoulders forward and the spine is in the wrong position which causes extra problems including tension and headaches.

Eltervoog has noticed a pattern where many students from class will come around the same time, or students will tend to make more appointments around mid-term and exam time.

Eltervoog is in the office every Tuesday and Thursday from 1 to 3 p.m. and on Wednesdays from 9 a.m. to 1 p.m. You can schedule an appointment in the Health Services office in Room 1A102.

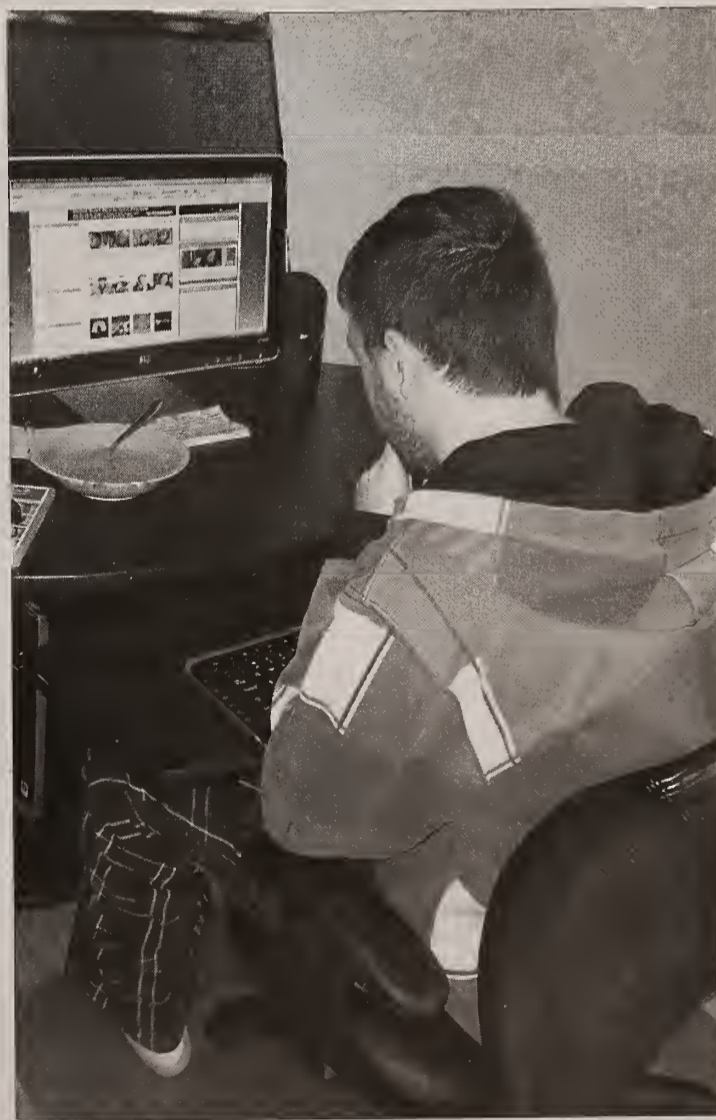



PHOTO BY ERIN FARRAR

A Conestoga student's poor posture, shown by his slouching forward while working on a computer, causes neck strain. Conestoga's chiropractic services can help alleviate the pain.



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PHOTO BY MANDY LIVERANCE

Krista Wallace, left to right, Tanner Dunkel, Kevin Scoggan and Brittany Jackson participated in the Appreciate Yourself, Appreciate Others Workshop held by Student Life on Feb. 1.

Chance to find your true colour

By MANDY LIVERANCE

Personality clashes can really cause problems. So Conestoga's Student Life department has put together a workshop to help students appreciate their own unique traits and those of others.

The first Appreciate Yourself, Appreciate Others workshop was held Feb. 1 at Conestoga College to help students develop an understanding of their own personality style and appreciate the characteristics and style of others.

"It's designed for students to appreciate the gifts they have," said Elissa Cressman, a Student Life leadership facilitator. "And to be able to recognize those and how to use them."

Thirty-five students attended the workshop and participated in a personality dimension test.

It helped them to understand individual preferences, styles and temperament types and to help recognize personal blends of strengths and qualities.

The final test scores placed each person into one of four

personality colours; inquiring green, authentic blue, organized gold and resourceful orange.

Students spent time in groups with the same personality colour and discussed similar traits, which gave them the opportunity for students to meet others with the same interests.

"I came here to meet other students and develop my personal leadership skills," said Krista Wallace, a first-year office administration student. "And to have a fantabulous college experience."

The groups then presented what they had discovered to each other, which led to a discussion on potential problems between colours and how to improve group work among the different personality styles; an activity that works on enhancing interpersonal skills.

"I love seeing the students connect with each other, those in different programs who wouldn't normally get the opportunity," Cressman said.

Students came out to the workshop for many reasons

including because they were curious about what kind of person they are, to meet new people, to add to their portfolio and to simply have fun.

"I wanted to broaden my educational experience and to get more involved," said Amanda Klassen, a first-year business administrative management student.

The Appreciate Yourself, Appreciate Others workshop is one of seven in Student Life's Connect Leadership Workshop series that are available to any Conestoga student who is looking to develop important leadership skills to better prepare themselves for their future in the workforce.

The workshops are free, but students are required to register online through the Student Portal.

Students will receive a co-curricular record of achievement on their transcripts with the successful completion of the seven different workshops in the series.

The next Appreciate Yourself, Appreciate Others workshop is scheduled for March 3.

Can you feel the love tonight?

By AMANDA BAINES

If you're coming up blank for a last-minute Valentine's Day event, treat that special someone to an evening they won't soon forget; a four-course dinner and moonlight saunter through Cambridge's Butterfly Conservatory.

The tropical gardens are the site of a romantic stroll at the former Wings of Paradise, followed by a savory meal prepared by the park's executive chef, Aaron Russell.

Russell is preparing a delicious menu, consisting of a roasted butternut squash soup with crème fraîche and sage and a choice of salads, one made with baby arugula and avocado with black pepper and honey vinaigrette, garnished with sweet oven-dried cherry tomatoes, or celery root and apple rémoulade

with fresh herbs topped with crispy fried leeks.

After the appetizer, Russell is preparing the choices of tender venison ossobuco and scalloped sweet potato, with a rich venison demi-glace, chicken sautéed with wild mushrooms served on a crispy parmesan and polenta cake au jus or wild mushroom strudel with ruby port reduction for the vegetarian diners.

Dessert is bound to be a treat, with double chocolate bread pudding topped with caramel drizzle or New York style cheesecake topped with Saskatoon berry sauce.

The Butterfly Conservatory dinner is a popular Valentine's Day treat. Cambridge resident Adam Whitby recommends the dinner to anyone wishing to wow their date.

"I took my girlfriend there

two years ago," said Whitby. "It was really romantic. I even proposed there. It's a really special environment; any guy can woo their date there."

The receptionist at The Cambridge Butterfly Conservatory agreed it was a very popular event.

"It's about half-full now, but there are plenty of seats available," said Kim, who refused to give her last name. "It's a first-come, first-served scenario, but there shouldn't be any issues to get a ticket today."

Alcoholic beverages are not included in the ticket price, which is \$59.95 a person.

The ticket includes taxes and full admission to the conservatory.

To order tickets, call 519-653-1234, ext. 100. Doors open at 6:30 this evening.

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Ordinary Seaman **ZACK ARTE**

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PHOTO BY COURTNEY NIXON

First-year law and security student Dean Marshall and his girlfriend, first-year business marketing student Kelsey Hellyer, will be celebrating their first Valentine's Day.

BY COURTNEY NIXON

Over time, Feb. 14 has become the date for exchanging love messages and celebrating St. Valentine, the patron saint of lovers. The date is symbolized by sending simple gifts, such as flowers, chocolates and cards to loved ones and secret lovers.

By far, Valentine's Day flowers are the most popular gift today.

It is hard to say when and why the flower was used to celebrate Valentine's Day, but fresh flowers have always been seen as a symbol of beauty and an expression of love.

Even though many flowers such as tulips, daffodils and irises are used as Valentine gifts, the most popular flower by far is the red rose.

According to popular legend the red rose was a favourite of Venus, the Roman mythological goddess of love and beauty. Hence the red rose came to be associated with love and romance.

Poets and romantics at heart used the red rose as a symbol of love, passion and beauty, helping to create the

strong association of the rose with love on Valentine's Day.

"Valentine's Day is extremely busy, we normally sell 1,500 to 2,000 roses on this holiday," said florist Marianne DeSlegte, who works at Lee Saunders Flowers in Kitchener.

Roses not only come in the

would be chocolate," said first-year business marketing student Kelsey Hellyer.

With this top-ranking holiday that has millions across the globe giving their loved ones candy, flowers, chocolates and "valentines," some people feel pressured to give a gift on this day after being pressured by advertisers or society.

"I think this holiday is definitely made into a big deal, more than it has to be. I think it is more for single people; people who are still looking for love," said second-year general arts and sciences student Peter Overgaard.

"For girls Valentine's Day is a big deal, but it really is just a money grab," said Hellyer.

The week before Valentine's Day, men are encouraged to buy jewelry, chocolate and flowers for the women in their lives.

Is it a day where people should be expected to buy gifts for their loved ones?

"Valentine's Day is overrated, because you shouldn't need a special day to cook someone dinner, take them out, buy them something or spend a nice night together. You should do it whenever and however frequently you want," said second-year bachelor of applied human services community student Becca May.

"I am more into the memory and the moments you have with a person than the actual things you buy for each other," said first-year graphic design student Katarina Kaempfe.

Hallmark produced its first Valentine's Day card in 1913 and after Christmas, Valentine's Day is the second-largest card-sending occasion. Approximately 40 million Valentine's Day cards were exchanged last year.

"Valentine's Day is a Hallmark holiday," said criminal justice degree student Mike Miller.

A simple gesture such as flowers, cards or chocolate can make a person's Valentine's Day memorable, but some lucky people receive much more.

"My most memorable Valentine's Day was when my girlfriend flew out to New Brunswick to spend Valentine's with me because I couldn't fly home," said Overgaard.

"My most unforgettable Valentine's Day was when my boyfriend made me a decorated jewelry box out of wood," said May.

Love, they say, is one of the most beautiful feelings.



radiant colour red which stands for love and passion, but they also come in many other colours that mean certain things.

The white rose stands for true love, purity of the mind and reverence, pink means friendship or sweetheart admiration. Yellow roses mean friendship, celebration and joy, lilac roses stand for love at first sight and enchantment and coral roses mean desire. Peach roses stand for desire, excitement or appreciation, orange roses mean enthusiasm and desire and a black rose means "adios" or "it's over." A bouquet of yellow and orange roses means passion, a bouquet of red and yellow mean happiness and celebrations and a bouquet of red and white roses stands for bonding and harmony. One dozen red roses and a single red rose in full bloom both say "I love you," and tea roses say "I'll remember always."

"Definitely 90 per cent of the customers around Valentine's Day are men buying for their special someone," said DeSlegte.

However, flowers are not the only symbol that represents Valentine's Day; the heart was formerly believed to be the seat of all human emotions. Therefore, the gifting of a heart signifies the selfless acts of giving everything to someone you love.

Chocolate has long been associated with passion, romance and love. On Valentine's Day chocolate certainly says "I love you."

"Realistically most men would want their girlfriend in lingerie, but second to that

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Valentine's Day

Whether you **love** it or hate it, the holiday demands attention

By JESSICA-LYNN TABAK

Pink and red colours overwhelm store windows and specials for two are advertised in almost every business, while conversational and spicy candies make their way to our mouths. But most of all, the lovers and haters of Valentine's Day continue to voice their opinion, loud and clear.

While singles protest that it's the day we exploit our love for profit, couples spoil each other with flowers, chocolate and affection. But when it comes down to it, what's the reason

behind this battle that continues to be waged every year?

First-year nursing student, Vicki Miles, despises Valentine's Day. "It's just dumb," she blatantly said. "It's just a day for corporations like Hallmark and Hershey's to make money."

Miles is so against Valentine's Day that she refuses to celebrate it. "If you love someone, you should show it all day, every day."

Relationship counsellor and psychologist, Dr. Douglas Grey from Newmarket, said, "In some cases, individuals that are against Valentine's Day have either had a bad experience in the past or have a hard time

dealing with being alone on the holiday."

Miles thinks that people put too much pressure on Valentine's Day. "If the day doesn't go as anticipated, it just gives the couple something to argue over."

When asked if some couples fight about this romantic day, Grey said, "Not quite. The biggest issue couples fight over is money management. I rarely hear of couples coming in and solely arguing over this day."

“

I feel like people who don't celebrate are deprived of love.

— Taylor O'Neill

”

Another first-year nursing student, Taylor O'Neill, feels differently about Valentine's Day. "I absolutely love the holiday," she said. "It bothers me when people are bitter towards it. Can't we just enjoy a day dedicated to love? Even if it's love for your family or friends?"

O'Neill has been in a relationship for four years and every year her boyfriend and her have celebrated Valentine's Day. "Whether we're spending the holiday on the couch watching a movie, or in Niagara Falls for the weekend, the novelty of Valentine's Day never wears away," she said. "I feel like people that don't celebrate are deprived of love."

O'Neill and her boyfriend first started dating in Grade 11. "I will never forget the way he asked me to be his girlfriend," O'Neill said as a smile swept across her face. "Our song was Tattoo by Jordin Sparks. One day in the cafeteria, he sat beside me with his iPod and put the song on. When I looked down at the iPod I read, 'Babe, do you want to date me?'"

O'Neill and her boyfriend Adam Belgrade, a first-year police foundations student at Humber College, have a long distance relationship.

Never letting their love get distant, they try to see each other as much as possible to keep the flame going. "We

talk all the time through social media (Facebook and BlackBerry Messenger) and always make time to see each other at least once a week."

"It takes a certain couple to keep a long distance relationship going strong," said Grey. "There has to be a sense of independence in both individuals and a lot of trust."

Grey said a healthy relationship should consist of five things: trust, communication, patience, confidence and self-love. "If any relationship is lacking one of these five, then you should come see me," he joked. "But really, it's those aspects that truly hold a relationship together, especially if it's long distance."

O'Neill is content that her relationship consists of those aspects. "Adam and I are almost the same person," she said. "If we come across a problem, we voice it and deal with it right then and there."

"Calmly confronting a problem as soon as it starts is healthy in a relationship," said Grey. "Bottling up your emotions escalates into larger fights."

This year is no different

HISTORY

It is believed that Valentine's Day was derived from the Middle Ages, when courtly love flourished. Every Feb. 14, the day is dedicated to celebrating love. Valentine's Day is named after a Christian martyr named Valentine and was established by Pope Gelasius I in 500 AD.

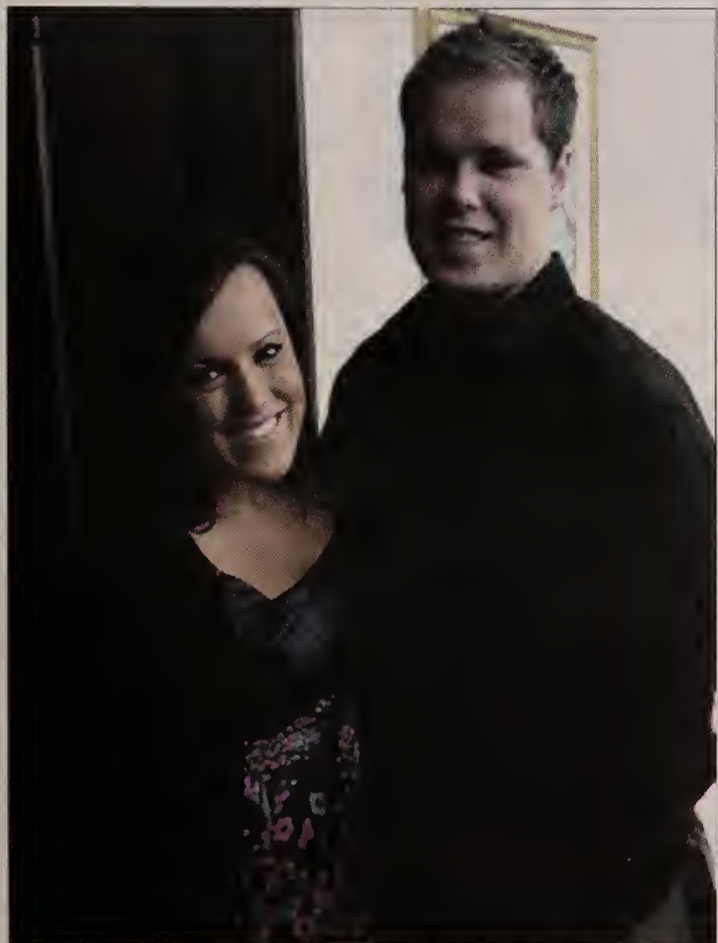
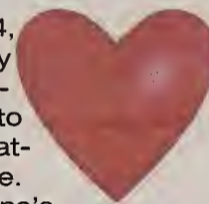


PHOTO BY JESSICA-LYNN TABAK

Taylor O'Neill and Adam Belgrade celebrate Valentine's Day every year. They have been together for four years and plan on celebrating more Valentine's Days to come.

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HOROSCOPE

Week of February 14, 2525



Aries

March 21 -
April 19

You will still not have a flying car. Scientists and futurists will be promising these for the next millenia. It will never happen.



Libra

September 23 -
October 22

You will sign up for the experimental body replacement therapy, and therefore live out your dream of being a cyborg.



Taurus

April 20 - May 20

Today on your way to the shuttle to New Venus, you will discover a new species growing from the sidewalk. You will eat it, and it will be delicious.



Scorpio

October 23 -
November 21

The word awesome will totally re-enter the cultural lexicon, dude. Totally gnarly! Get on this trend early by starting to talk like this now!



Gemini

May 21 - June 21

With the advent of the Trideo viewer, you will find taping your favourite shows easier than ever. The plot to your favourite soap will still not have changed.



Sagittarius

November 22 -
December 21

The alien tunnels you have been exploring on Venus will lead you to great discoveries. You will get rich, but then end up with your brain in a computer.



Cancer

June 22 - July 22

The stars will align and Great Cthulhu will rise from his dream ... on betelgeus. He will be very confused. Earth will be relieved.



Capricorn

December 22 -
January 19

You will see attack ships on fire off the shoulder of Orion. You will see c-beams glitter in the dark near the Tannenhäuser gate.



Leo

July 23 - August
22

You will begin your stint on board the starship Exerprise. Try to avoid getting the red uniform if things look made out of styrofoam.



Aquarius

January 20 -
February 18

You will wage merciless war against Emperor Ming, and end up in a totally snazzy red jumpsuit.



Virgo

August 23 -
September 22

With the planet's population reaching 120 billion, you will write a book about how we are finally reaching the overpopulation point.



Pisces

February 19 -
March 20

Your mastery of a bizarre and arcane universal power will allow you to reconnect with your father before it is too late. Start training now!



Paul Irvine carefully looks into the neo-causality matrix to learn the future, for your entertainment.

OSAP changes welcomed

More money; students can apply earlier

By JONATHAN CHARLES

Soon students will be noticing some changes to the Ontario Student Loan Assistance Program (OSAP). Many of these are improvements to borrowing and repaying Ontario student loans.

The McGuinty government has announced it will be putting \$81 million into the program. That money will give students access to more funds and they will have less to repay after graduation.

Students will also now be able to apply for OSAP three months earlier than in past years. The application process will start in February instead of May, helping students meet the demands of early admission notices

issued by some schools.

The amount of debt a student can have in one school year will now be \$7,300 and students will have access to up to \$12,000. In past years, students would have to pay back the full loan amount. They will also only have to repay \$7,300 even if their student loan debt is \$10,000.

"I'm not getting OSAP currently but I might in the future," said Ryan Katic, a Conestoga College general arts and science student. "If I don't have to pay back the full loan I would consider getting OSAP and working less to make money in the summer."

In the past, many students have had problems with their summer work or part-time jobs interfering with their

OSAP loan. One of the changes to the program is students can now make up to \$100 per week without affecting their OSAP funds. Before, students were only allowed to make \$50 before it started to affect their funding.

"I worked last summer and it really messed with the amount I received from OSAP," said Brad Piper, a Conestoga College general arts and science student. "Most of the money I made went to my rent and OSAP gave me barely anything to get through the year."

Along with the changes to OSAP, the government is working on making it easier for students to transfer credits from one college to another and to get credit for college courses at university.

Learning Groups Winter 2011 Schedule

Learning groups are free weekly study groups that are designed to help students through historically difficult courses. They offer a chance to meet with a senior student and other classmates to compare notes, discuss concepts, develop learning strategies, and prepare for exams.

This semester free learning groups are offered in the following courses, all you have to do is show up!

	Day & Time	Room Number
Pre-Health Biology 1 Leader: Jason	Mondays Jan 17-Apr 18 4:00-5:00	1D03
BScN A&P Leader: Matthew R	Wednesdays Jan 26-Apr 20 11:00-12:00	2A111
Construction Mechanics of Materials Leader: Jean-marc	Mondays Jan 24-Apr 18 10:00-11:00	3A403
IT/CP/CPA Database Fundamentals Leader: Mike	Tuesdays Feb 8-Apr 12 10:00-11:00	2A207
Pre-Health Biology 2 Leader: Mathew S	Tuesdays Jan 25-Apr 19 2:00-3:00	2A405
	Mondays Jan 24-Apr 18 3:00-4:00	3A405
SET/CET C++ Leader: Denis	Mondays Jan 31-Apr 18 2:00-3:00	1C26
Civil Mechanics of Materials Leader: Mirjana	Thursdays Feb 3-Apr 21 9:00-10:00	2A405

Please note:

- This schedule is subject to change. It aims to accommodate as many students as possible, but is unable to meet all needs.
- Learning group availability is solely based upon attendance. If students are not attending, the group(s) will be cancelled.

Graffiti not a problem at college

By **MARCUS MATTHEW**

Graffiti – it’s a creative, imaginative and, some even say, a beautiful act of expression.

However, not everyone wants to see it on school or public property.

“The college doesn’t consider graffiti artwork,” said Don Willis, Conestoga’s safety and security services director. “I know some people think it’s an art form; well, although it may be an art form, it’s damage to property and under the Criminal Code, it’s called mischief.”

In the region’s inner-city areas where the neighbourhoods aren’t so friendly, you will see a lot more vandalism and graffiti. It’s nothing like what you would see in downtown Detroit or Toronto, but it’s still an issue in K-W.

“Police are also continuing to work with neighbourhoods to help address these issues,” said Waterloo Region Police Services spokesperson Olaf Heinzl. “Last year, for example, community resources officers organized a series of neighbourhood graffiti clean-up days in which we helped mobilize teams of concerned citizens.”

Graffiti is seen primarily in more inner-city areas and on buildings in the downtown area. Take a stroll down King Street in Kitchener and you will notice quite a bit of graffiti.

While staff is busy removing spray paint from bus shelters, hydro boxes and buildings, Conestoga has been trying to keep its campuses clean and graffiti-free, making it a rare sight here.

“There have only been a few isolated incidents done to the

outside areas of the school despite the fact there is graffiti being done in the surrounding neighbourhoods,” said Willis.

“During the year I think we have maybe four or five incidents reported. The majority, though, are inside and usually in the washrooms.”

While Willis said this year there have been minimal reports, last year was a completely different story.

Throughout the school year, there was an individual who would draw pictures and write notes with marker on the bathroom walls, signs and in the stalls.

It was suspected to be just one person as this graffiti bandit would sign all of his pieces with “M.C. Muscelface.”

Conestoga’s cleaning crew, Martins Building Main-

tenance, would come in at night and remove the graffiti. Muscelface didn’t like this, and in reply he wrote an angry note on a bathroom wall in which he had a few choice words.

Willis said it was important to remove the graffiti as soon as possible to avoid copycats. He said once students see graffiti, they may think it’s acceptable and could feel tempted to do it themselves.

Although a lengthy investigation was conducted, the bandit was never caught.

“Catching people in the act has its challenges since many of the acts are done out of plain sight or at night. However, we have laid charges in the past (mischief under \$5,000),” said Heinzl. “The extent of the punishment is determined by the cir-

cumstances and the decision of the courts.”

Conestoga has taken many security measures to ensure a safe and clean campus. They have surveillance videos at nearly every corner, daily patrols by security guards and a well-lit campus.

When Willis was a police officer in the Peel Region he said there were areas around universities and colleges where students didn’t feel safe walking to their car at night. He said that’s not the case at Conestoga and that’s why he loves the school.

“I think Conestoga prides itself in being a really safe place to go to school,” he said.

Fair won’t be rescheduled

By **GERALD UPTON**

The job fair that was scheduled for Feb. 1 was cancelled because of the snowstorm. Due to the extensive arrangements required for something like this, it will not be rescheduled, according to Craig Black, marketing and events co-ordinator for Conestoga College.

However, there will be an on-campus job fair in the rec centre March 9 from 10 a.m. to 1 p.m. So far there are 70 employees registered for the fair. As well, the college will be recruiting at the event for on-campus jobs for the summer.



Making Connections

At CMHA, our vision is mentally healthy people in a healthy society. We know that reaching out is the first step toward well-being. Making connections with families, groups, decision-makers and **with you**, CMHA is a powerful force for mental health in Canada.

Connect with the Canadian Mental Health Association at www.cmha.ca for information on mental health issues and services.

The Emerging Into Light symbol of resilience and recovery reminds us of the importance of making connections to ensure good mental health.



Career Events this week

Monday, February 14
Service Canada – FSWEF
4 – 6 p.m.
Doon Campus: Blue Room
Registration is required via *MyCareer* (see below).

Learn about part-time and full-time career opportunities made available through the Federal Student Work Experience Program (FSWEF).

Gain work experience related to your field of study and access learning opportunities that will:

- enrich your academic program
- develop your employability
- improve your ability to find good jobs after graduation;
- insights into future employment opportunities; and
- help evaluate your career options within the public service

Wednesday, February 16
KOM Consultants (Study in Australia)
10 a.m. – 3 p.m.
Doon Campus: inside Door #3
No registration is required.

Explore furthering your education in Australia!

Thursday, February 17
Home Depot
10 a.m. – 3 p.m.
Doon Campus: Inside Door #3
No registration is required.

Representatives from Home Depot will be at Doon campus to discuss employment opportunities.

Login to *MyCareer* to register for resume workshops, events and more.


(From the Student Portal, click on the “Services” tab)

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COUNSELLOR’S CORNER:

Winter Blues or Seasonal Affective Disorder (S.A.D.)



Do you lack energy and feel like sleeping more? Are you always eating and gaining weight? Do you feel depressed? During the winter months, many of us have these symptoms and want to get away from the snow, cold and dark days. We call it the “winter blues”.

For some Canadians, this is a more serious problem called Seasonal Affective disorder (SAD). SAD is a form of clinical depression that occurs yearly during the fall and winter months. Four times as many women as men are affected, and it usually first occurs in early adulthood. Researchers believe the sleep-related hormone; melatonin is overproduced by some people in the winter when the days are shorter and darker. Bright light blocks the release of melatonin, and people with SAD have found bright light treatments to be very effective.

For any of us, more light will help in the winter. You can try taking more walks outside, participating in winter sports, turning on more lights inside and yes, of course, going south during College Break!

If you suspect you may have SAD, you can talk to staff in Health Services, or Counselling Services for more information.

A Message from Counselling Services – Student Life Centre 1A101.

Monroe returns to big screen

And the academy award goes to ... Marilyn Monroe?

Yes, you heard me correctly.

It's hard to imagine that the sex icon who died 49 years ago could be cast in future roles.

But for Toronto entrepreneur, Jamie Salter, it is achievable. Reports say Salter bought the rights to the digital images of Monroe for a hefty \$50 million.

I find it hard to believe Salter would spend such a large amount of money on these images, especially when \$50 million could go toward helping impoverished countries.

Nonetheless, digital media is moving at such rapid speed that the future of special graphics is endless. Plus, it would be interesting to see what new effects Hollywood film makers can come up with.

However, to bring a huge star back from the dead and cast her in movies is a little absurd.

I think it's important to take Monroe's family and friends into consideration. Those who are still alive could find it difficult to watch a movie with her in it.

And as technology becomes more advanced through digital images and voice clips, Hollywood could incorporate more people who are dead.

Salter said he does not know what kind of movie Monroe will



Laura
Bennett
Opinion

play a role in. Whether it's drama or action, she will "audition" and be considered just like any other actress, such as Jennifer Aniston or Natalie Portman who may be trying out for the role.

I believe using old digital images to create roles in movies is insulting to current and potential actors. Not only do they need to compete against each other, actors now need to compete against the great artists of their time, even if they are deceased.

Movie lovers from around the globe will most likely be ecstatic to see their favourite artists come back to the big screen. But I think that once their time on earth is done, we should respect the actors' legacy and keep them as they are; a memory.

I think most would find it bitter-sweet to see the men and women who changed the face of Hollywood come back to star in new roles.

I think there is enough fresh, new talent in Hollywood to star in films. So please, let the dead rest in peace.

Nintendo does it again

Though I'm not much of a gamer, I can't help but find myself impressed, once again, with Nintendo's sheer innovation.

First, in 1984, when the Nintendo Entertainment System debuted in North America, the D-pad replaced the joystick as the standard means of directional control on home gaming consoles.

Then, when 1996 saw the release of Nintendo's third home gaming console, known as the Nintendo 64, the newly added analog stick allowed for a whole new 3-D feel that rival consoles would then imitate.

Last but not least, 2006 brought Nintendo's fifth home gaming console, known as the Wii, which was the first home gaming console to introduce a type of controller that could not only be used as a hand-held pointing device but could also detect movement in three dimensions. (Although the rival Xbox 360 introduced a controller-free



Nathan
Rienstra
Opinion

gaming and entertainment experience in 2010, known as Kinect, Nintendo's Wii console was the first to include an ability to detect movement in 3-D.)

Pretty impressive, right? But it seems like Nintendo's just getting started.

As if it hasn't already proven itself to be innovative enough, Nintendo's newest gaming console is sure to amaze us all with its release on March 27.

The hand-held console, known as the Nintendo 3DS, will be the first mass-marketed device ever with the ability to produce 3-D effects without the need for special glasses. Some of the device's features will also include 3-D movie and video playback capability,

and, as a result of the two cameras on the outside of the device, an ability to take 3-D photos.

I'm not a Nintendo fanatic by any means, but it doesn't take a rocket scientist to determine how amazing and impressive this upcoming technology is. Nintendo has proven itself to be the most innovative and trend-setting video game company for years, and it deserves a lot more credit among modern-day gamers than it seems to receive.

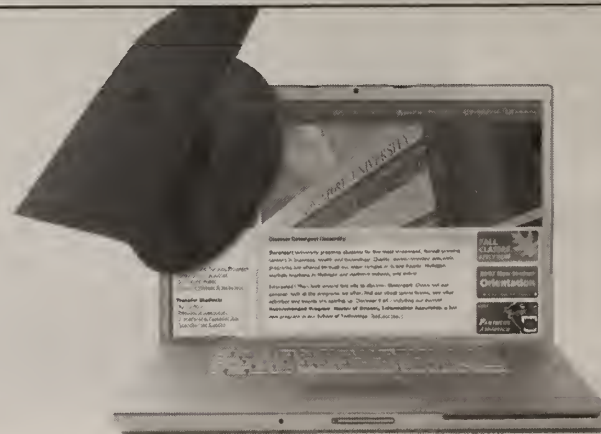
I've also been impressed continuously over the years with Nintendo's seemingly endless supply of high quality products, and all I can say is that I'm eager to witness what the Nintendo 3DS is capable of. This new console is sure to serve as a multi-purpose device for countless individuals and will undoubtedly set the bar for rival video game companies once more.

What can I say, Nintendo – you've done it again.

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SHOVEL THOSE SLICES

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PHOTOS BY GERALD UPTON

A blindfolded couples eating contest, held by Conestoga Students Inc., featured eight couples trying to feed the other a whole pizza.

Mechelle Jarman, below left, thrusts a wedge of pizza in the general direction of Danijela Vajic. They won the contest and a free trip for two to Florida during reading week.

Jarman, bottom photo, signs a document after winning the contest while Vajic surveys the mess.



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Tues. Feb. 15

11:00-1:00
Guelph Campus
Cafeteria

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PHOTO SUBMITTED

For the second year in a row, Conestoga law and security administration students won scholarships from ASIS International. From left are students Scott Laugalys, Dale Forler and Fabio Pinto. Also shown are Larry Wallace, from ASIS International, and James Phillips, LASA program co-ordinator.

Conestoga students secure scholarships

By LISA OLSEN

Conestoga College law and security administration students have done it again.

It's the second year in a row that they have been awarded all three available ASIS International scholarships.

The three students who recently were awarded prizes from the organization of security professionals were second-year students Scott Laugalys and Dale Forler, who each received gifts of \$500, and Fabio Pinto who was awarded \$1,000.

The annual awards are open to LASA students who are currently in their final year of studies at a post-secondary institution in south-western Ontario.

The submissions are due in the fall, and must include a package showing dedication, drive and a passion for the

field.

"Students need to have a minimum of an A average; they need to write an essay about something to do with the security industry and they need a reference letter from their co-ordinator," said James Phillips, program co-ordinator for the

diploma program.

And when it comes to the submission guidelines, Conestoga students seem to shine.

"We always get really good responses on our essays," Phillips said. "I think it really shows that we have a strong program."

SNOW AND WIND FORCE A 'CLOSE' CALL



PHOTO BY LAURA BENNETT

Students, staff and faculty got a rare day off on Feb. 2, after Conestoga College closed due to bad weather. A snowfall of approximately 15 centimetres and blustery winds forced the closure. Conestoga has only closed a couple of times in the last 10 years.



PHOTO BY LAURA BENNETT

There was no fighting for parking spaces on Feb. 2. Parking lot 10 at Doon campus sits empty and under a blanket of snow since the college and rec centre were closed due to bad weather.

Volleyball teams struggle down stretch

BY RYAN YOUNG

Conestoga's men's volleyball team weren't catching any breaks when the red hot Mohawk Mountaineers visited the rec centre Feb. 3.

The Mountaineers (10-5) extended their winning streak to five games with a victory over the struggling Conestoga team in search of their second victory.

"Unfortunately, we didn't bring our 'A' game tonight," said coach Ariel Castromayor following the game.

He said it is a "classic rookie mistake when a team gets caught up in the banter back and forth across the net and it showed."

The emotionally charged game saw the Condors drop three sets by scores of 25-17, 25-15 and 20-15. Matt Dicks and Travis James led the team to a combined 17 kills while Kyle Rausch contributed defensively with six successful digs.

It's no surprise the team has struggled this year considering 10 of their 12 players are in the midst of their rookie seasons. Despite the inexperience and unsuccessful season, Castromayor expects the team to continue competing in their final games against Redeemer and St. Clair.

"It's been a learning year for us. We've had moments that show what we're capable of as a team," Castromayor said. "A sign of maturity would be for us to bring it out each and every game. Now we play for pride."

Conestoga's women's team was also playing for pride in their match with the Mountaineers (15-4) earlier in the night. The female Condors have had struggles of their own this year, posting their only two wins over Sault early in the season. Win number 3 managed to elude them on this night as they fell in three sets by the scores of 25-11, 25-17 and 25-16.

The young ladies team — 12 of the 14 players are playing in their rookie season — is led by third-year player and team captain Amy Govan.

"It's our first year ever playing together as a team," said Govan after recording 11 of the team's 18 kills in their game against Mohawk. "We

had higher hopes but it's been fun. Next year we have a brighter future."

The ladies finish their season with games against Lambton, Redeemer and St. Clair.



PHOTO BY RYAN YOUNG

Conestoga serves during a game against Mohawk College Feb. 3. Both Conestoga's men's and women's teams lost their respective matches three sets to none.

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GAGA

IN TORONTO

AIR CANADA CENTRE, TORONTO
THURSDAY MARCH 3, 2011 8:00PM

PERFORMANCES TAKE PLACE
FEB 16, 2011
SANCTUARY AT NOON

RULES AND REGULATIONS APPLY
SIGN UP IN ROOM 2A106



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